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REFERENCE

April 1944

Consumers' guide



What's cooking in your neighbor's pot?

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ILLUSTRATIONS: Cover [Scene in pre-war Yugoslavia] Three Lions; p. 4, N. Y. Times, Larry Gordon; p. 5, Larry Gordon; p. 6 & 7, Office of War Information; p. 8 & 9, War Food Administration; p. 10, National Housing Agency; p. 12, WFA; p. 13, Extension Service.



How does your garden grow?

LEE MARSHALL
Director of Food Distribution

SLOGANS that capture national attention are slogans which tell the story of a people's aim and effort. Several of these phrases which have impressed themselves on all of us by the vital story they tell are centered around the wartime food situation: "Food will win the war and write the peace"; "Food for our Fighting Men"; "Make Food Fight for Freedom—Share, Produce, Conserve, and Play Square."

They offer a challenge to all of us because they express in everyday terms the action that we as civilians can engage in on the home front. A new calendar of events has been charted for our home front action. This month, April, we open a new theater of civilian warfare against food shortages. Its location is in the Victory Garden area. Its call to service is "Produce." It has many slogans of its own: "Produce more in '44." "Grow vegetables for vitamins and victory." "Keep 'em growing 'til it's snowing." "Plant with a plan." "Garden with a grin." "Grow the Big 3: Tomatoes, greens, and yellow vegetables."

What does it all add up to? Just this: We're out to raise more of the food we need—to raise it in backyard gardens, in community gardens, school gardens, and in garden plots provided us by industrial plants, railroad companies, or anyone else who can make suitable land available for "growing our own victuals."

Why? Because the demands on the national food supply are to be greater this year than ever before; because we need 22,000,000 Victory gardens this season for family food production; because we need to grow some of our own vitamins and minerals to supplement the foods we will buy; because vegetables fresh from the garden taste good, look good, and have all their vitamins intact; because we can grow in small space and with little effort enough to allow us to eat "garden fresh" products and still preserve a supply for the non-productive months; because gardening is good exercise, relieves tension, offers a chance for new friends and old to exchange neighborly chats while resting on the hoe; because family gardening will help solve the

national problem of enough of the right kinds of food for all in wartime.

There is no single answer for the first-time gardener who wants to know how much and what to plant. If space and growing conditions allow, if suitable food preservation equipment is available, and if storage for the preserved products is adequate, a year-round supply of a number of kinds of vegetables would be the ideal goal for the Victory gardener. Even so, there are choices to make in terms of family favorites and in terms of relative food values.

Planting with a *plan*—a plan to produce a well-rounded list of foods in amounts the family needs on a year-round basis—is not a new idea. It has been featured for many years by the Extension Service in encouraging rural people to produce as much of the family's food supply as possible. But the war has carried this idea over into the urban community—into Victory gardens large and small. No matter how small the urban garden plot is, the choice of what and how much to plant should be made in relation to family food needs.

First consideration should go to the "Big 3": tomatoes, greens, and yellow vegetables—for these are the vegetables that provide needed vitamins and minerals most generously. The small gardener may well turn over his entire Victory plot to the production of the "Big 3"—he will reap his reward in vitamin C, vitamin A, riboflavin, and iron to bolster his family's health. Make every inch of garden count toward better nutrition.

So this is your cue: You can, if you have the facilities, grow your own vitamins and minerals. If you are green at the game, get in touch with your local Victory Garden Committee or your State or county Extension Service, or write to the Department of Agriculture here in Washington. Victory gardening was not only a satisfactory experience for many families in 1943, and will be the same for many more in '44—but it is a real contribution to the health of the nation and to Victory.

Lee Marshall

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What's your neighbor cooking?

International food relations add zest to wartime meals, give pointers on food conservation, make us better acquainted with our allies.



FOOD FIGHTS FOR FREEDOM

are words we want everyone in our country to know and understand and remember for the duration—and after. But there are several million Americans to whom those words can mean no more than these do to you: "Potravina bojuje za svobodu"—or—"Żywność walczy o wolność."

In our 1940 census 22½ million of us reported some language other than English as our mother tongue. Twelve million of us were born abroad. Twenty-six million are but one generation removed. Fourteen million of us are not of the white race. Yet all of us are Americans, eager to do our part for freedom. One thousand one hundred foreign language publications reach 6 or 7 million homes. One hundred sixteen radio stations send out 300 programs in 24 foreign languages. Through them the news of national food programs is spread. That's one side of the story. But the other side, the contribution to our national life that these millions can make from their varied abilities and diverse pasts—what of that?

Part of the answer is being supplied by the Common Council for American Unity. The Council, with headquarters in New York City, has long been working, as its name implies, for better understanding and closer cooperation among all groups.

¹"Food Fights for Freedom," in Czech and Polish.

It is trying to interpret Americans of different backgrounds and races to each other. And what better way to interpret than to exchange recipes and culinary lore? So the "What's Cooking in Your Neighbor's Pot?" parties were begun.¹

Women of a different nationality group take charge of each party. There are usually about 200 guests, talking in what sounds like almost as many languages. Some 5 or 6 favorite national dishes are prepared beforehand, or where possible in the tiny kitchen adjoining the hall. Guests, seated at card tables, get a sizable taste of each dish, while speakers explain the recipes and tell of American substitutes for native ingredients. The recipes for these and other native dishes are mimeographed and distributed to the guests. Included with these recipes is an analysis of the national diet according to the Basic 7 food standard. The Greeks, for instance, add "vine leaves" to the familiar group 1, green and yellow vegetables; and yaourt (cultured milk) to Group 4. Greek-Americans have learned to make up for the heavy imported olive oil, which gives the characteristic flavor to their foods, by adding a little of it to thinner American oils. They have learned to put down vine leaves in brine in casks or crocks at home, and to use chopped Brazil nuts instead of pignolia nuts.

Greek-American housewives can give us valuable lessons in thrift. They say that by combining several ingredients in one dish, there are no left-over bits which have to be thrown away. And since many dishes taste better when cooled and "ripened," they are greeted with pleasure, rather than groans. Greek-American recipes, which are derived, of course, from those in Greece where meat was never plentiful, use every bit of the meat and in ways that enable it to be "stretched" with vegetables and grain foods. Furthermore, these recipes call for "low-point" meats, variety meats, and forequarters and neck

of lamb. Americans can learn too from their Greek-American neighbors how to bring cereal into the other meals of the day as well as breakfast. And fermented milk, as a substitute for the vanished heavy cream, makes an excellent topping for desserts, and may be a simple additional way to supply adults with milk.

The Scandinavian "pot" disclosed an array of that long-time favorite of Americans, the Swedish hors d'oeuvres or Smörgåsbord, some loaves of the flakiest of Danish pastry, and the Norwegian version of the school lunch. Known as the "Oslo breakfast" it was designed originally for malnourished Norwegian children, and was served daily at 11 a.m. Improvement in the children's health was so marked that scientific curiosity was aroused in many countries, and the meal has since been copied in British factories. It consists of 1½ pints of milk, half an orange, whole-grain bread, cheese, buttered rusks, half an apple or a carrot, and a tablespoonful of cod liver oil. Before the war many elementary school children received this meal daily.

Scandinavian-Americans have several food habits which might well be followed. They use for food parts of animals and fish which we consider as offal. Calf's head, blood sausage, fish livers, and fish heads appear in main dishes and entrees. Fish roe, which many of us know only as caviar or shad roe, is a very nourishing food.

Techniques for making simple foods attractive to the eye—techniques which have been brought to such perfection in these northern countries—might well be adopted by everyone. Why should the caterers and expensive restaurants have a monopoly on these? An average housewife in any of the Scandinavian countries gives an extra touch of appetite appeal to the simplest dishes quite as a matter of course.

The western Mediterranean neighbors—Southern France, Italy, Spain—brought



Oslo breakfast for school children, was so successful in pre-war Norway that Britain uses it, where possible, for her war workers.



Greeks recommended this balanced meal of chicken with rice and greens, cheese, yaourt (cultured milk), bread, fruit, and wine.

many delectable dishes to their party. These dishes were by no means all garlic and oil, as some Americans think. The soups of this part of the world are renowned, and the "neighbors" had a taste of two of the best. One was minestrone à la Genovese, a meal in itself, almost thick enough to be eaten with a knife and fork. The most confirmed meat eater could not have detected that there was not one ounce of meat or stock in the whole kettle. The other, labeled simply "Fish Soup, South of France," was an exotic tasting brown mixture about the consistency of a very thin gravy. After every drop in the tiny cups had been drained by the appreciative "neighbors," its proud French chef told delightedly that the soup was made mostly of fish heads—"Things you throw away in this country." There were also rice and noodles in pungent new guises, and corn-meal mush which would never be recognized by its deep South (U. S. A.) prototype, for it was smothered in fish and tomatoes.

Like all people from countries poor in natural resources, western Mediterraneans have learned to make the little they have go a long way. They have a fine respect for food, for they come by it with great toil. And even the poorest families are likely to make almost a ritual of their meals. In some ways diet in these countries is better than the average diet here. The four basic ingredients of their cooking are olive oil, tomatoes, dried legumes, and cheese. These alone, plus large quantities

of green leafy vegetables, cover all nutritional needs. Meals are nearly always ended with fresh fruits, and the low milk consumption is partly remedied by the abundant use of cheese.

When rationing was first introduced in the United States, items most missed by the Mediterranean neighbors were canned tomatoes and cheese. Victory Gardens have yielded tomatoes for home canning and for a home-made tomato paste which is proving quite satisfactory. After a lapse of several months, the types of cheese they prefer are now being manufactured in this country. Like the Greeks, they have learned, too, to flavor domestic oils with whatever imported olive oil they can get. Commercial firms are making "transfusion oils" by immersing olives in American salad oils. These are excellent for cooking, and their use saves the imported oil for the inevitable salad.

Lessons for all of us to learn from our western Mediterranean neighbors are how to get along with less meat, how to make a little do the job of pre-war portions and still be greeted with delight, and how to use up every last bit of food so that none will be wasted.

Three more parties are planned for other nationality groups—Oriental, Slav, and regional American. Again the hall will hum with the unfamiliar syllables of new Americans working for a common cause. Again the aroma of foods familiar once in far-off, war-torn lands will bring a breath of hope for a world of friends.

What's Cooking?²

A few recipes³ from the "What's Cooking in Your Neighbor's Pot?" parties.

Meat, Fish, and Meat Substitutes:

Greek Gumbo Yachni

2 lbs. gumbo (okra) $\frac{1}{2}$ cup of water
3 onions 2 tbs. minced parsley
2 large tomatoes salt and pepper

Wash and cut the stems off the okra. Place in a bowl and sprinkle well with vinegar. Allow to stand in this until ready to use. Slice onions and tomatoes and add the water, the parsley and seasonings, and bring to a boil. Cook for five minutes. Remove from fire. Drain vinegar from gumbo. Pour half of the sauce in bottom of saucepan, add the gumbo and cover with remaining sauce. Place a tight-fitting cover on saucepan and bring mixture to a boil. Reduce heat and cook slowly until gumbo is tender.

Polish

Golarki: 1 lb. half cooked meat (pork, veal or beef)—three-quarters cup of cooked rice—one-half onion, fried and chopped—one-half pound half cooked mushrooms (cooked in stock or water, the residue of which is kept for use in latter part of this recipe)—3 tablespoons shortening (butter or crisco will do), salt and pepper to taste. Mix all ingredients together, then add

² For additional recipes write to the Common Council for American Unity, 222 Madison Ave., New York City.

³ Not tested in Department of Agriculture laboratories.

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stock from mushrooms. Loosen with care leaves of half-cooked cabbage, stuff these leaves with mixture, and fasten with a toothpick. Fry in crisco, or place in a pot, pour stock over them, and cook in a moderate oven until tender.

The pound of meat used in this Polish dish is stretched to serve 10 generous portions.

French Fish Soup

1 pound fish (bones, heads, and trimmings of different fish), 2 pounds sliced onions (if onions are difficult to obtain leeks may be substituted wholly or in part).

$\frac{1}{2}$ cup olive oil 1 pinch of thyme
1 tbsp. flour $\frac{1}{2}$ clove garlic
4 tbsp. tomato paste 1 pinch powdered saffron
2 tbsp. chopped parsley
a piece of bay leaf 4 tbsp. chopped vermicelli

Fry the onions in oil in a heavy saucepan. When cooked, sift the flour into them and allow to brown slightly, stirring constantly. Moisten with two quarts of water and add the fish trimmings cut in small pieces, seasoned to taste. Add one tablespoon of chopped parsley, then the bay leaf, thyme, clove of garlic, the tomato paste, and the saffron. Cook for 20 minutes. Strain through a fine sieve, pressing so that a thick liquid comes through. Set this to boil, add the two tablespoons of vermicelli and cook for 10 minutes. Just before serving, add the other tablespoon of chopped parsley.

Vegetables

Greek

Imambaidi—This is Greek eggplant. Ingredients: 1 eggplant (large), 6 green peppers, 6 tomatoes, 4 leeks, Spanish onion. Method: Slice eggplant into one-half inch

slices, peppers in rings, tomatoes into slices, leeks into small pieces, and onions in slices. Cover a pan with oil, and place in it alternate layers of vegetables, then fill half full of water, season with salt and pepper, and a little garlic if desired. Place in a slow oven and bake 2 to 2½ hrs. Serve hot or cold with lemon.

Italian Tomato Sauce

4 lb. fresh tomatoes 2 onions
2 large carrots small bunch of parsley
4 celery stalks 1 bay leaf

Wash and quarter tomatoes—dice carrots, celery and onions, chop parsley. Put all the above ingredients in pot. Boil slowly about 2 hours or until thick. Put all through sieve. Add 3 tablespoons olive oil and cook another hour. This is the basic tomato sauce used in many Italian dishes and on spaghetti. It can be put in jars, covered with some olive oil to keep the air out; kept in a cool, dark place, and keeps almost indefinitely.

Desserts

Greek—Kataif

Shredded wheat—walnuts—almonds—honey. Split shredded wheat, place in buttered pan, cover each piece with the chopped nuts soaked in honey. Place in moderate oven, and baste with butter. When ready serve with a hot sirup made of 2 parts honey to 3 parts water.

Norwegian—Rod Grot

1 box berries or rhubarb
1 cup water
1 tablesp. potato flour or cornstarch
vanilla

This may be made with raspberries or canned cherries or any small fruit in season. Put berries in water and let simmer until berries are disintegrated and add sugar according to taste. Add potato

flour or cornstarch with a little water to fruit. Stir constantly and let it come to a boil, then add a few drops of vanilla. Do not permit to boil for more than a minute or it becomes sticky. Cool and serve either plain or with vanilla custard sauce. Serves 6 persons.

EUROPEAN HOUSEWIFE'S DAY IN 1944

- 7:30 a. m. *Went to the bakers . . . got my ration of bread. There may be some rusks at 11:00 o'clock.*
- 9:00 a. m. *It is a meat day, but the butcher says he can't give any out until Saturday.*
- 9:30 a. m. *Went to the dairy. They don't expect any cheese to be delivered until 5:00 in the afternoon.*
- 10:00 a. m. *Queued up at the Tripe Shop . . . My number (32) will only pass about 4:00 o'clock.*
- 11:00 a. m. *Stood in line again at the bakery . . . There were no rusks left by the time I got in with my number (52).*
- 1:30 p. m. *Greengrocer's . . . He will have some vegetables at 3:00 o'clock.*
- 4:00 p. m. *Back to the Tripe Shop. Managed to get a small sausage made of chitterlings.*
- 5:00 p. m. *Waited at the dairy. The cheese had been delivered earlier than they had expected so there was none left for me.*
- 5:30 p. m. *Back to the Greengrocer's . . . no vegetables at all, just one head of lettuce left.*

Total for the day . . . 9 errands . . . more than 5 hours running to and fro, waiting in line.

Bought: Some bread, one small sausage, one head of lettuce.



Norway gives the other "neighbors" a new slant on the ever-popular potato cake. Eat them with goat's milk cheese.



Italy has tips for the food-thrifty. Serve tagliatelle (noodles, to you) or polenta (corn meal mush) with savory sauces.

Your sugar bowl's a bomb!

THE FIRST time war struck on the consumer food front was in those February days of 1942 when we lined up for our first ration books. The first food to be rationed was sugar. It led the list for good reasons. Stocks of sugar were greatly reduced by the record takings of consumers in 1941. Submarines were rampant along our Atlantic Coast, and ship after ship was going to the bottom. Our shipyards were not geared for replacements. The Philippines, which normally furnished about 15 percent of our sugar, were in Jap hands. Naturally sugar was scarce. So sugar was the first food to make its departure for war felt on our tables.

Then 10 months later when the undersea wolf packs were tamed by our Navy and ships were launched faster than they were destroyed, the transportation problem eased and larger quantities of sugar became available. Nevertheless, the increased demands of war for sugar still make great inroads on our supplies. For sugar goes to war in different forms than as candy bars for our far-flung canteens, in K-rations, and for our armed forces' coffeecups. In fact, that demand is roughly only about 10 percent of the service which sugar gives toward victory.

We, on the home front, have our own tremendous demands for sugar. Home canners don't need to be told what a vital part sugar is playing in the preservation of food. This year, as in previous war years, a large quantity of sugar will be set aside to meet civilian demands for canning purposes. We expect to receive the same amount of sugar for canning that we did last year—25 pounds per person. Stamp No. 40 will enable you to buy 5 pounds of canning sugar at your local store any time during this year. If you need more, you can apply to your local Price and Rationing Board. Your applications should be in writing, and should be accompanied by Ration Book No. 1 for each person for whom application is made. You should also mention the total number of quarts or pounds of finished fruit to be put up, and the quantity of sugar to be used for making jams and jellies.

But the combined military and direct civilian needs for sugar, as a food, still represent only a part of its total war uses.

This year, more sugar than ever before is flowing into factories, to be used in manufacturing explosives, synthetic rubber, and a variety of other vital war materials. Although civilian supplies will probably be tight, everything is being done to see that your rations will not be seriously affected. Here is the story of sugar's fighting role in this war.

Sugar flows into the roaring plants of industry. There's hardly a war commodity of which sugar is not a necessary part. Normally, blackstrap molasses, a byproduct of sugar, is the chief source of industrial alcohol, and alcohol goes into the making of an endless variety of products. The alcohol made from blackstrap molasses, by the way, is strictly for industrial uses, and not for beverage purposes. This year, however, as in 1941 and 1942, vast quantities of invert molasses, from which no sugar is extracted, are needed in the manufacture of industrial alcohol. This invert molasses will mean the loss of 800,000 tons of sugar for food purposes. Our factories are also going to use more grain for alcohol than they did last year. But our industrial alcohol program is expanding so rapidly, and grain is so vital for food and feed, that sugar has become an indispensable material in the making of alcohol.

One of the most important products derived from industrial alcohol is synthetic rubber. During the coming year, industrial alcohol is expected to supply about 53

percent of all the butadiene employed by our synthetic rubber industry. Butadiene is the chemical element out of which all synthetic rubber is formed. The importance of synthetic rubber, on both the home and war fronts, could hardly be overemphasized. Without it our armies would be stalled, and many useful and necessary activities here at home would be forced to an abrupt halt. Production on many farms would be slowed down, if farmers were unable to obtain tractor tires and had to rely entirely on horsepower again. The manufacture of tires and inner tubes is an important use for synthetic rubber, but it is not the only one. Synthetic has substituted for natural rubber in thousands of consumer products, and in many of them it is said to be superior.

You have often heard the phrase "food is a weapon." In the case of sugar this phrase is literally true, as sugar, via industrial alcohol, is used to manufacture explosives. Some sugar was used to make almost every bomb that is being dropped on Germany. Most of the shells that are



Sugar goes into the making of plastics, which in turn are used in airplanes. Here you see a group of workmen fitting plastic "greenhouses" onto our latest fighter planes.

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These shells made partly from blackstrap molasses, will probably be blasting our enemies before long.



One important product derived from sugar is synthetic rubber. This sheet of crude rubber will later be manufactured into tires.

battering the Axis into defeat are made from sugar derivatives. And sugar is making hand grenades for our Marines to blast the Japs out of their island fox holes. Sugar looks innocent enough in the bowl on your table, but it can be turned by various stages of manufacturing into a potent agent of destruction.

Another important industrial use of sugar is in the manufacture of plastics. This versatile branch of the chemical industry is supplying an ever-increasing variety of commodities, from soup pans to airplanes. Most important plastics derived from sugar are celluloid and celloglass. Right now, plastics are playing a vital war role by substituting for metal in many different ways. The chemical industry is also opening up new uses for sugar, in the manufacture of dyes, varnishes, and medicines.

Taken all in all, sugar is doing a man-sized job in this war. Other uses not so spectacular as those already mentioned, are no less important. Almost every convoy that crosses the ocean, carries sugar for our allies, and for the people in liberated areas. Relief needs for sugar are expected to be fairly large, and it will probably be used in relief rations, to strengthen the resistance of starving people in war-wrecked territories all over Europe. The Red Cross is distributing sugar to aid prisoners of war, and war refugees. Some Red Cross sugar has been sent to India, to help check the present famine. Recently, the Red Cross requested sugar allotments from the War Food Administration, to relieve the hunger of hundreds of penniless Polish refugees, driven out of their home

country by the Germans and how settled in Africa. Sugar is placed in each Red Cross parcel that is sent to Switzerland for later distribution to prison camps in Germany and Italy.

All these demands together are making a large dent in our sugar stock. But in spite of the fact that the total demand for sugar this year has greatly increased over last, the OPA doesn't expect that consumer rations will be drastically affected. It may not be necessary to cut household rations at all. The total allocation of sugar for civilians this year is only 6 percent less than the quantity of sugar believed to have been consumed by them last year. Stamp No. 30 in your War Ration Book No. 4 will continue to be good for an indefinite period of time. Like many other foods related to war demands the supply of sugar is tight. But don't be misled by any "scare" stories.

Our present sugar stocks are being built up from several different sources. We usually grow about 30 percent of our sugar here in the continental United States. Most of this 30 percent comes from the various sugar beet growing States in the Middle West and Far West, and the rest from sugarcane grown in Florida and Louisiana. Last year, our beet sugar supplies were about 40 percent less than the supply in 1942. Perhaps the chief reason for this was that sugar beets require extensive use of labor. Apparently farmers, therefore, had more incentive to plant crops which were remunerative and which required less labor. The Louisiana cane crop, however, showed some increase, al-

though this expansion in cane production was not large enough to balance the decline in beet output. Sugar production in these mainland areas may expand in 1944 as a result of the increased price support offered by the Federal Government.

Before the war broke out, we got large quantities of sugar from the Philippines, Hawaii, Cuba, and Puerto Rico. Now that the Philippines are temporarily in enemy hands, we have been depending more and more on the supplies of the other three areas; particularly those from Cuba. Almost the entire Cuban crop has been bought by this country, during the last 3 years, and Cuba has increased her sugar output this year, to help fill the growing sugar requirements of the United States and our allies.

Cuba is also producing much of the molasses that is going into our synthetic rubber, explosives, and plastics, via industrial alcohol.

Puerto Rico and Hawaii have been producing about the same quantity of sugar as they did before the war. However, because of shortages of fertilizer and machinery, the sugar output of these domestic insular areas may decline this year.

Despite the difficulties of importing sugar supplies from abroad, of maintaining production here at home, and of assuring an adequate distribution of sugar to our wartime industrial program, everything is being done to see that civilians have adequate supplies this year. Sugar is going to keep on fighting on both fronts this year, and it will continue to play a major part in winning this war.

Old goods— New problems

Frantic bidding for scarce used goods could start an inflation spiral; but consumers have a powerful weapon against gougers in OPA price ceilings.



THINK of paying \$200 for a second-hand refrigerator that was worth only \$12! Highway robbery, no less.

But what can Mrs. John Q. Consumer do about it? What's a lone woman to do in a wartime world where there are no new mechanical refrigerators for sale, and the baby's milk still turns sour unless there's a cool spot to keep it in?

Well, Mrs. Consumer can do *plenty*, if she just knows her rights. For she's not alone really when she has the OPA regulations on the sale of used goods to back up her right to get her money's worth.

That \$12 refrigerator with the \$200 price tag and an anxious buyer is no nightmarish dream. It really happened in Brockton, Mass. But the buyer found out about the OPA rules, brought suit against the dealer for treble damages, and was awarded \$564 plus lawyer's fees.

This buyer of a used refrigerator found it worth while to know about the OPA regulations and to take steps against the black market in used goods. But more important, from the standpoint of OPA and of all families of the community, the action served notice on dishonest dealers that they had better watch their step. Also it helped the great majority of honest law-abiding dealers by discouraging their unscrupulous competitors from trying to buy up all the used goods at a premium and

selling them at hold-up prices, after cornering the market. And last but not least, the story found its way into the Boston newspapers and put thousands of housewives on their guard against black market racketeering in second-hand goods.

"Very interesting. But why so much excitement about dingy refrigerators, used furniture, and things? If the price goes too high, people will just buy new things, won't they? Most families are earning more these days, anyhow," you could say.

Ah! But there's the rub. With a war on, and steel and machine tools and manpower needed to build up the fighting strength of our army, civilians can't expect much new household equipment. And who wouldn't rather manage with an old refrigerator anyhow to help get a new gun to that boy in the fox hole! Still there are times when Mrs. Consumer desperately needs a washing machine or a refrigerator or an electric iron, or such. If she can't find or afford a new one, she just naturally turns to the second-hand market. Then, the second-hand market becomes **IMPORTANT** in capital letters.

Not that the second-hand market has ever been insignificant. For instance, used vacuum cleaners were sold to the tune of \$8,000,000 in 1941. And the second-hand washing machine business totaled \$22,000,000 that same year. That was

back in the days, mind you, when salesmen used to come knocking at your door every day or so to ask if you didn't want a new model with a liberal trade-in allowance.

In these days it's a case mostly of old models, or none, so the demand for used goods grows stronger and stronger. But the supply from "trade-ins" is not increasing at the same rate because folks are holding on to their old equipment until it wears out or until they can buy new. All this adds to the pressure to buy and, without controls, prices could go up and up.

Literally thousands of families are moving—to war industry areas or military posts. Many newly married couples don't own their furniture and lots of others can't, or don't, ship their household goods. They arrive in a crowded war industry area and find that the furnished apartment they wanted just isn't to be had.

In some areas, in fact, there isn't any second-hand furniture left and what new pieces of essential furniture are still on the market are more expensive than working families can afford. To get workers to come into these critical areas in many cases it has been necessary for the Federal Public Housing Authority not only to build war housing projects but to furnish the dormitories and dwellings with sturdy, low-cost basic essentials of furniture: beds and bedding; chests of drawers and mir-

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No new
ceilings

rors; tables; and chairs. Though this furniture is rented with the dwelling at a small cost, it pays for itself through the rent over a period of 2½ years.

But not all towns where families are setting up housekeeping have war housing projects. And that brings us back to Mrs. John Q. and her urgent need for used household goods.

Too often in the past, families that could ill afford it have been charged hold-up prices for necessities like bedsprings, mattresses, stoves, baby carriages, and refrigerators. They had to have the goods and paid heavily for them—many families not knowing their rights.

Enforcement officials of the Office of Price Administration are unanimous in saying that Mrs. Consumer is a key figure in the used-goods situation. They point out that trade in used goods starts with the consumer and ends with the consumer. So if Mrs. John Q. is always on the job, if she's informed, alert, and conscientious, the black market in used goods won't have a chance to survive.

Being informed is very important.

A large part of the price violations in the sale of used goods have been due to ignorance on the part of buyers and sellers. While it's a legal principle that ignorance of the law doesn't excuse the lawbreaker, OPA operates on the theory that the average buyer and seller want to obey the law and will do their share to hold the line against skyrocketing prices. There are always a few dishonest people and the penalties are for them—what most of us need is information.

How are we to become informed? The OPA is trying to see to that, by making

the price regulations as simple as possible.

Time was when it was quite a problem for the second-hand dealer and buyer to figure out the price ceiling on used goods. Under the General Maximum Price Regulation the dealer's selling price is the highest price which he charged for the article during March 1942, but the second-hand man deals with too many odds and ends to make that easy. If he didn't have a particular item in March 1942, then he must charge the price of his nearest competitor. And that was hard, too.

Now everything is much easier. The ceiling price on important used household items is determined in one of two simple methods: (1) A given percentage of the retail price, new; or (2) a maximum price in dollars and cents.

Whenever buyers or sellers are in doubt about the ceiling price on a second-hand article, they should consult the price clerk of their local War Price and Rationing Board. He has or can get the information.

Suppose the John Q's want a baby carriage. There's a perfectly lovely one at the second-hand store but its price seems too high. Mrs. Consumer calls at her local rationing board and has a little chat.

Was the carriage plainly tagged? (OPA regulations require that most second-hand items costing over \$2.00 be clearly tagged as to price.) Is the baby carriage in good condition, with no parts missing? If so, the dealer is entitled to charge 75 percent of the retail price, new. But if the carriage isn't up to standard then all he can charge is 33½ percent of the new price.

In the same class are bedding, ordinary rugs, hardware items, furniture, lamps, stoves, sewing machines, and miscel-

laneous housewares, such as clothes wringers, pressure canners, carpet sweepers, and kitchen equipment other than ice boxes and refrigerators.

Price ceilings on the second-hand items just mentioned apply to sales by pawnbrokers, second-hand dealers, and auctioneers. They do not apply to sales by individuals, of their own household effects.

However, price ceilings on several of the most important used goods items apply to sales by individual families as well as to dealers, auctioneers, and traders. That means that householders are bound by the dollar-and-cents ceilings which apply to each make and model of these particular items, as are regular traders.

In many cases families having an old refrigerator stored or an antique electric iron, have dug it up and sold it at more than they paid for it, without knowing that they were breaking the law. They just saw a chance to make a little money and took advantage of it, without bothering to find out about the regulations, and the penalties.

Then there are some sinister operators—fly-by-night dealers—who pose as householders. They run dummy "ads" and do business in what appears to be a private home that is being broken up. Here today and gone tomorrow, they aim to palm off inferior goods on the unsuspecting public, at a high price.

Phoney thrift shops are also prone to demonstrate the old adage, "a fool and his money are soon parted." They would have you believe that they sell bargain goods from the homes of the rich. It's a nice story but the rich didn't get that way by being poor judges of values. More



No new refrigerators today. And few used ones. But price ceilings protect Mrs. Consumer and honest dealers from chisellers.



Many new homes will be furnished with something old—or nothing—these days. So eager buyers haunt second-hand stores.



Houses, and furniture? War workers in boom towns like Key West here have big problems. So OPA and FPMA to the rescue.

than likely that broken-down chair in the thrift shop came from the junk pile instead of Mrs. Moneybag's drawing room.

Fake auctions are another easy way of taking money from the unwary. When two determined bidders raise the price on each other, you have a small-scale example of how inflation works. Realizing this, the OPA has clamped down price ceilings for auctioneers, too.

Good citizens don't want to take advantage of the war to make dishonest profits. And the chiselers shouldn't be allowed to get away with it. It isn't fair to the honest folks, and it's dangerous to encourage the dishonest elements in a community because highjacking operators have their roots in just that sort of back-alley dealings.

And that brings us back to the key place that Mrs. Consumer holds in the vitally important and potentially dangerous used goods situation.

First and last, Mrs. Consumer must not forget that she is a citizen, too, with an obligation to know and uphold the Government rules for keeping prices down. She can refuse to buy or sell above the ceiling price. She can help too, by informing her neighbors. If she has the time she can become a volunteer OPA worker, perhaps one of those who are helping to see that all the second-hand dealers in the community know the regulations on price ceilings. Or she may serve on a Price Panel which holds meetings on price violations and, in many cases, works out a friendly, neighborly solution.

From all over the country come reports to the Washington office of OPA which show that when the Consumers, Mrs. and

Mr., take action against the black market things begin to improve.

A letter from Boise, Idaho, tells that immediately after one buyer filed a treble-damage action against a dealer, another trader, who had been a persistent violator, came to the OPA office to check on 56 sales invoices to see whether he had overcharged his customers and to show proof of the 32 refund checks which he had made to customers who had paid above the price ceilings.

This same office reported that a number of complaints were received of overcharges by householders. In every case the seller proved to be unaware of the price ceiling and willingly refunded the money.

In Dallas, an alert buyer investigated the ceiling price on a mechanical refrigerator and received a voluntary refund of \$122. But apparently most of the folks who paid too much for used alarm clocks sold by one firm in the community were just out of the money. For by the time someone complained and the OPA investigated, these alarm clock buyers had paid cash and departed for parts unknown. After the OPA lodged a protest, however, the firm made a voluntary contribution of \$300 to the Government and promised to "be good" in the future.

From Los Angeles came a report of a furniture company which had its license suspended for violating the price ceilings in used goods. A sign was posted on the premises telling the public why the company's license had been suspended.

A Sioux City, Iowa, family found out they had been swindled on some second-hand furniture purchases. With the aid of their local OPA, they got a refund of

\$98.50 on a mechanical refrigerator.

Up in Connecticut, a treble damage claim for overcharge in sales of used watches has already been settled for \$2,000, while a similar case on used vacuum cleaner sales has been forwarded to the district attorney.

And so it goes. Some of the cases are small. Many of them are settled without even going to court. Where it's a case of ignorance or misunderstanding, all that's necessary in most cases is to explain the regulations and give the seller the opportunity to comply with the law. But the penalty is there to compel dishonest traders to obey the regulations or take the consequences. Anyone who sells used goods above the price ceiling is liable to a suit brought by the purchaser for treble damages or \$50, whichever is greater. Also the OPA can bring either civil or criminal action against offenders through the Federal courts if that becomes necessary.

But the OPA has comparatively few investigators and they can do little without help from Mrs. Consumer. Often complaints from buyers about seemingly small items lead to the discovery of big rackets. So officials appreciate receiving reports of the smallest violations.

If Mrs. John Q. makes a complaint, the local Price Panel will investigate. Maybe Mrs. John Q. hates to get mixed up in things. Most people do. But the Price Panel won't use her name.

Besides Mrs. Consumer and all her family and all her neighbors and you and I are all mixed up in the wartime cost of living. If prices of used goods are skyrocketed, then *all* prices will go up and up.

Let's not underestimate the danger of the black market in used goods!

Plan now for community canning

Food rationing poses few problems to the women of Duval County, Fla. They grow and preserve their own food supplies.

"This is only the first one, I've got two more pigs coming on," Mrs. W. C. Mick proudly remarked to her neighbor as she busily molded the pork sausage meat she had prepared into patties for canning. "It takes a lot of food to feed my family of five but we get along fine with what we grow in our garden and what I manage to can."

Her neighbor smiled, nodded, and continued pressing cooked pumpkin through a sieve. "I plan to raise a pig, too, later on," spoke up Mrs. P. P. McEaddy as she separated grapefruit into sections. "Right now I'm canning the grapefruit, from our small grove, that we don't eat raw or give away," she added. "I'm planning on canning at least 6 bushels in all, and we've already planted 150 tomato plants that we hope will produce a lot of tomatoes for canning."

It was a typical morning at the 111 Market Street Community Canning Center at Jacksonville, Fla., and everyone was busy. Besides Mrs. McEaddy and Mrs. Mick, other aproned women were working at preparation tables, at exhaust boxes, and at pressure cookers. Still others were washing cans, and sterilizing glass jars. Steam arose in small, dense clouds as lids were lifted from pressure cookers and as batches of jars descended into hot water baths for processing.

Not a new building, the one-story can-

ning center is only one of the 14 in operation in Duval County, Fla. Last year these centers served over 3,000 families, and a total of 230,932 pints of food was preserved. The canning centers are a result of the work of the women of the county, the county home demonstration agent, the home demonstration clubs, and the Board of County Commissioners, who succeeded in doing the job without Federal assistance.

This year, many of the county's community canning centers are expanding, and 4 additional centers are being planned. As far as Duval County is concerned 1944 is going to a bigger and better year for food preservation.

Once part of an armory, the building which houses the center at 111 Market Street has also served as a part-time vocational training school. The women of Jacksonville's Home Demonstration Club arranged for its present role. They recognized the need for a community canning center, located the building, and talked the Board of County Commissioners into letting them have it. They got the Board of Commissioners to furnish part of the equipment, too. The rest of the equipment was given to them by Pearl Laffitte, the County Home Demonstration Agent, to whom it had been bequeathed by a discontinued summer camp. Through her talks at home demonstration clubs, garden

clubs, civic groups, and women's clubs, Pearl Laffitte has done a job of educating Duval County's women as to the hows and whys of canning.

The women are especially proud of the two electric sealers with which the center is equipped. They paid for these sealers by putting a dime in a can near the sealer each time they used it instead of the old hand-operated sealer which necessitates 21 turns of a crank to properly seal one can.

Unlike some of the county's other centers, the one at 111 Market Street operates all the year around. From all over Jacksonville and its suburbs, women who have learned about the canning center from their neighbors, or from articles in the newspapers, keep the canning facilities in constant use. They pay a cent a pint or 2 cents a quart for what they can—a toll fixed by the women of the Home Demonstration Clubs to cover the cost of fuel, of replacing equipment, and of laundering towels—which they all agree is little enough. Those who put up fruits, vegetables, or meats in cans pay an additional 3 cents for each No. 2 can they use, 4 cents for a No. 3 can. The cans are bought by the carload by the Board of County Commissioners. The Board sees to it that there are always plenty of cans at all the county's community canning centers.

The women learn to can by doing it with the help of the center's supervisor, Mrs.



Grace Bright. She gets them started right when they bring in their produce or meats, and under her watchful eye mistakes are corrected so that they do not cause spoilage. As the women progress from step to step through preparation, exhausting, sealing, processing, cooling, she shows them just what to do.

After the products are canned and the cans are cooled they are stored on shelves at the canning center from 7 to 10 days, known as an incubation period. After this period, if the cans do not show signs of spoilage, they are taken home by the women and stored in a cool, dry place, away from the light.

Many of the women who can at the center have their own gardens, others have gardens and keep a few chickens and sometimes a pig, still others buy produce to can. All of them, however, take advantage of surpluses that come their way. For example, last summer when some fine asparagus from New Jersey froze in shipment, due to improper refrigeration, and would have spoiled if taken out and held in stores for sale, officials at the produce terminal called the canning center and offered to deliver it to the women at 25 cents a crate. Such a bargain was not to be passed by! Women set to work canning the asparagus as it reached the center and finished the job the same day.

On another occasion early last fall, a ship carrying fresh pineapple, from Cuba, was torpedoed off the coast of Florida. The pineapple was saved but had to be used right away. Trucks hauled it to Jacksonville, and again the women seized the

opportunity to get a bargain. They canned the pineapple, four truckloads of it, and saved a lot of food that the Axis had tried to destroy.

Other centers in Duval County have served equally as good a purpose. One of them, the Whiteway Community Canning Center was once a lowly wash shed. Thanks to the efforts of Mrs. J. W. Brothin, the moving spirit behind the Home Demonstration Club at Whiteway, it didn't stay that way. Homemakers at Whiteway got together, decided that they not only needed a canning center but needed it badly. Such a project, however, would take money, and they had none. Mrs. Brothin volunteered her wash shed for the purpose and the women got busy. They painted it, enlisted their husbands to help put the building in order, build shelves for equipment, and rearrange the water pipes. Then they got the approval of the County Home Demonstration Agent, equipment from the Board of County Commissioners, and the center was ready to start to work.

At first they used kerosene for fuel, later they had gas installed, and in the peak of the season, even some women from Jacksonville came out to can at the center. On peak days, 300 jars of food were handled in the pressure cookers and hot water baths. Mrs. Brothin was approved by the County Home Demonstration Agent as a supervisor to teach women who didn't know how to can.

Has this small center been successful? One look at the shelves in the homes of women who have canned food at the

Whiteway Community Canning Center will tell. Mrs. Brothin's canned foods fill a small pantry which opens off the former wash shed, and Mrs. C. C. Fisher's cans fill a whole shed she has built in her back yard.

Losses due to spoilage are low. And the women are proud of their fine record. Mrs. Fisher, for example, lost only two jars of tomatoes this year.

Although the women of Whiteway are now busy making cabbage into sauerkraut and canning it, many of them are also planning on what they'll can next season. Mrs. Fisher used a number of her flower beds last year to grow vegetables; this year she plans to use them all and forget the flowers. "I'm crazy about working in the garden, I love to can, too," she says, "and with the canning center close by I can do both." Like other women in her community she, too, is looking forward to using the new canning center they hope to move into this spring.

The new center got its start last fall when the women of the Whiteway Home Demonstration Club got together and decided they needed a larger center. Their biggest problem was a new building. As a first step toward getting it, they took a quantity cooking course given by the Red Cross Canteen Service. Then they used their new knowledge to give community food suppers. In this way they raised \$500, which they used to buy a two-story garage apartment. A real estate man gave them a vacant lot. They plan to have the building they bought moved to this lot and remodel it. They expect to



How to remove grapefruit peel is what this supervisor is demonstrating while her pupil looks on attentively. Another pupil uses a dull knife to separate it into sections for packing in cans.



Cabbage gets cut, diced, and salted down in the first step on its way toward becoming canned sauerkraut in the hands of the patrons of this small community canning center at Whiteway, Fla.



provide space for 15 to 20 additional women to can there in a day.

Like the canning center at Whiteway, other centers in the county are growing larger. At several centers plans for expansion are already well on the way toward fulfillment. One of these is the canning center at the county prison farm.

The prison canning center was once a small place, with only two steam retorts serving as equipment, as only food from the county prison farm was canned there for prisoners. Last year, through the efforts of the County Home Demonstration Agent Pearl Laffitte, the Board of County Commissioners was persuaded to open the prison canning center to women residents of the county, for community canning. Many farm women who had large quantities of food to can, used this center and some of the city women worked there, too. Space and equipment were limited, however, and only 10 women could can there in a day.

Now that the Board of County Commissioners are interested in the project, the center is being remodeled into a larger

one, three times its former size. Since the canning center is only 2 miles from midtown Jacksonville—the county's largest city—close to 150 women a day are expected to make use of its facilities when it opens the first of April. There will be steam retorts, pressure cookers, and hot water baths, and food will be canned in both tin cans and glass jars.

What will it cost to can there? No more than it does at the center at 111 Market Street, the same as at other centers in the rest of the county.

Net result of the canning program is better health for the county. This is especially true of the county's Negroes who learn the various ways of preparing the vegetables they can while they are putting them up.

Before the program started many Negro women only knew how to prepare boiled beans or boiled greens and the diets of their families were below good nutritional levels. Now they know how to cook many different vegetables, how to conserve their vitamins and minerals. Because of this, they'll get the full benefit

of the 7,226 containers of food they preserved last year.

Like the other women of the county, many have also grown both the vegetables their families eat fresh and those they can in Victory gardens. Mrs. Bertha Smith, for example, canned 772 containers of food last year and a large part of that she grew in her own garden. Another woman, Mrs. Thelma Crockett, canned 100 containers of food and all of it came from her Victory garden.

Small wonder then, that by this means people have learned to like vegetables they never ate before, or that still others are developing a liking for foods served raw that they once ate only when they had been cooked to almost a pulp.

It looks like a busy year ahead for the women of Duval County. They'll be putting up the fruits and vegetables from their Victory gardens, adding their totals to the Nation's food supply. It will be a hard job—a war job—but, as last year, women will plan to do it and like it! It's their part in keeping Americans fit.



In Duval County days are set aside for Negroes in community canning centers for those who can't come to their own, located in the Jacksonville Negro YWCA. These women are putting the center to good use to can some of their summer vegetables.



Buildings now housing community canning centers in Duval County have often served several other purposes. Here busy homemakers are preserving peaches in a canning center at Treemont, Fla., which was once used as a lumber shed.

Give youth a *real* job

AMERICAN boys and girls everywhere say they don't get a chance to do their share in our war effort. There are scores of jobs they can do—and do well, without neglecting school. Young energy and enthusiasm are priceless assets. Let's use them for Victory.



In 1943 we had 20 million Victory Gardens, hope to have 2 million more this year. Children undoubtedly helped in the vast majority of them, had many all their own. In any garden they can:

Make charts showing the vegetable needs of the family and plant the foods we need for growth and health.

Plant good quality seeds for poor seeds are a waste of money, time and energy. Water young plants when they need it.

Fight weeds and insects.

Pick the beans and peas, pull the carrots and turnips, dig the potatoes.

Take good care of garden tools. They are scarce and repairs are hard to get.

Fifteen percent of the community canning done in Georgia last year was done by children, and it is safe to say that in



every State they will make a greater contribution this year. They can:

Do K. P. duty in the community canning kitchen and save older people steps and time.

Help to sterilize jars and cans and prepare fruits and vegetables for canning—or drying—peel the tomatoes and peaches, snap the beans, hull the peas, cut corn off the cob, slice potatoes, shell beans.

Learn to package food for the freezer-lockers.

Rush fruits and vegetables from the garden to kitchen or cannery when they are freshest.

Print, type, or write labels for jars for home use, giving name of product, and date of canning.

See that corn husks and food which is wilted or otherwise not suitable for canning is used for animal feed and not entirely wasted.



"Eat it up" is the food conservation motto of clean plate clubs in schools and homes. Other ways youngsters can help save food for Victory are:

Learn to like new foods and eat leftovers without complaining.

Grind or roll the dry bread into crumbs. Recap peanut butter and jam jars so the food won't dry out, and open cereal boxes close to the top to prevent easy spilling.

Wrap bread in oiled paper and keep in bread box. After you have had a snack, put the milk back in the refrigerator, and other foods wherever they keep best.

Clean up crumbs of food in order to discourage flies, ants, and mice.

The school lunch program is helping to build stronger, more alert boys and girls. Teen-agers can help in many ways:

Help in the lunchroom so that so many adults will not be needed. Set tables. Serve.



Help smaller children to wash hands before and after lunch and teach them to handle their trays and dishes.

Make the lunchroom attractive with flowers for the tables and food posters for the walls, and by keeping it tidy. Take

care of furnishings and make new pieces in shop work.

Operate mechanical mixers and dish-washing machines, under supervision.

Organize groups to pick berries and gather fruits and vegetables for the school lunch which might otherwise be left to rot.

Help make a survey of food waste in the school lunchroom.

Keep records of weight and height and school attendance to show that the school lunch program improves health.



Many children now do the family shopping after school before mother comes home from the war plant. They are learning to be efficient young consumers. Others can help by learning these things:

Count up points in the family's ration books and know just how much food to buy each time.

Shop where ceiling prices are posted and never pay more.

Read the labels to find out as much about the food as possible—quality, weight, number of servings.

Buy meats by grade. Choice AA and Good A for steaks and roasts; Commercial B or Utility C for stews, soup, and for hamburgers and meat loaves.

Buy eggs that are stored in a cool, clean place.

Buy most fruits and vegetables by weight—not by the dozen or the bunch.

Buy yellow, green and leafy vegetables daily and get vitamins from food.

Buy foods that are plentiful and get better buys.

Shop quickly but carefully. Know how many points and how much money to give the cashier.

Watch the scales so we are sure to get all we pay for.

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CG news letter

last minute reports

from U. S. Government Agencies

February 22 through March 21

No More Stretch is scheduled immediately for war model corsets, girdles, and garter belts. The neoprene, expected earlier for making elastic thread to be used in these garments has been taken by the Army for war use. Manufacturers, as a result, are now having to conduct a new series of experiments on how to use the other type of synthetic rubber, buna, which is available for elastic goods of various kinds.

A Little More Leather will be forthcoming for shoe repairs in 1944 than there was in 1943, says the War Production Board. It will be enough to take care of the absolutely necessary repairs, but no more than that. Don't look for the very finest grade of leather in your repair work though, for the Army is still taking the top grade hides to make shoes for our soldiers. Civilian grades are expected to be adequate.

If you wonder why you got some top grade leather in your shoe repairs in the early part of the war, which you can't get now, it's because there were a good many high grade hides in the hands of suppliers then. The supply has been exhausted.

Better Bedsprings and Box Springs and more of them will be on the market this year, thanks to a recent WPB order. Manufacturers are being allowed to produce 2,450,000 bedsprings and 650,000 box springs and to improve their quality by using more steel per unit. Because of this, bedsprings and box springs will have about the same steel content as the pre-war variety.

The manufacture of metal beds, except hospital types, metal bedframes, inner spring mattresses, inner spring pads, and inner spring pillows for civilians continues to be prohibited.

First Come, First Served, is the rule that will apply to the 2,000,000 new electric irons being manufactured this year, WPB reports. The irons will be released through regular dealers and there will be no rationing of them. It is expected that homes which own an adequate iron will not buy new ones and, thus, deplete the limited supply.

Production of Peacetime Products is comparable to a three-legged stool, if all three legs aren't present the stool is no good and in the making of consumer goods the three legs are raw material, manpower, and factory facilities. The availability, there-

fore, of steel and some types of aluminum doesn't mean that washing machines, for example, will be available this year, or next, warns the War Production Board. Those good old days when you were able to buy any household appliance you needed aren't coming back in the near future.

Salvaged Fats pay off in more points if you are careful about the containers you use. Under OPA regulations meat dealers are entitled to deduct the weight of the container in determining the amount of household fat contributed by homemakers. When the used fat is taken to a meat dealer he weighs the can of fat and then subtracts the weight of the can. The figure which he subtracts is taken from an OPA chart of established weights for tin cans.

Because ration points are awarded for salvaged fats in multiples of one-half pound only, a No. 2 vegetable can is better adapted for holding the fat than are other sizes. A No. 2 can of fat will weigh 20 ounces and when the weight of the can—3.6 ounces—is subtracted the fat content will weight only slightly more than 1 pound and will be worth two points. Other sizes of cans will hold more fat but after subtracting can weights their contents would be less than multiples of one-half-pound and points are lost in using them.

No Limits on Rents will be set in resort communities for housing accommodations and hotel rooms rented only during the summer season, says OPA. They will be exempt from rent control from June 1, 1944, to September 30, 1944.

Reason for this is that these accommodations are purely seasonal in character and do not form part of the normal housing facilities in areas under rent control. Vacationists who rent housing accommodations do not use them as their homes and, because they are rented only for the summer season, a high degree of flexibility must be observed in renting practices.

New Budgets Are in Order to take care of the increased cost of certain commodities and services caused by the new Federal excise taxes which became effective April 1. It now costs more to put in a long distance telephone call, to send a telegram, to travel, or to see the newest movie of your favorite screen hero. Also because of the tax you'll pay more for cosmetics,

for luggage, including toilet cases, purses, handbags, pocketbooks, wallets, and related articles, for wines and distilled spirits, and even more for an engagement ring.

All these extra dollars and cents will go toward helping to pay the cost of the war. We'll go back to the former rates of these excise taxes, however, approximately 6 months after the war ends.

More About Spice.—U. S. civilians are going to get about 6 percent less pepper during this spice year than last, but they will get an average of about one-third more of all other spices. That adds up to about 70 percent of the total supply of 48 million pounds of allocated spices, or slightly more than 33 million pounds.

Homemakers can thank the increased spice supply—about 22 percent over last year—to the generally improved shipping conditions.

CONSUMER CALENDAR

Processed Foods.—Blue stamps A8, B8, C8, D8, E8, F8, G8, H8, J8, and K8, worth 10 points each, are valid indefinitely. Blue tokens may be used as change.

Meat and Fats.—Red stamps A8, B8, C8, D8, E8, F8, G8, H8, J8, K8, L8, and M8, worth 10 points each, are valid indefinitely. N8, P8, and Q8 become valid April 23. Red tokens may be used as change.

Sugar.—Stamp 30 in Book 4 will be valid indefinitely, instead of through March 31 as previously announced. Stamp 31 became valid April 1 and will be good indefinitely. Sugar Stamp 40, worth 5 pounds of sugar for home canning, will be valid through February 1945.

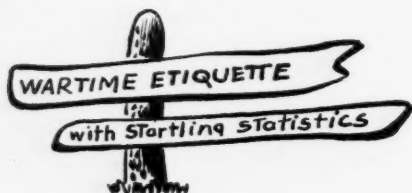
Shoes.—Stamp 18 in Book 1 expires April 30. Airplane stamp 1 in Book 3 will be valid indefinitely.

Fuel Oil.—Period 4 and 5 coupons, worth 10 gallons, will be valid in all States through September 30.

Stoves.—Apply at your local ration board for purchase certificates.

Gasoline.—A-9 coupons (3 gallons) are valid in Eastern States and District of Columbia through May 8. Outside that area, A-11 coupons (3 gallons) will be valid through June 21, instead of May 21 as previously announced.

GUIDE POSTS



When a Host Dons a Chef's Cap

He makes flourishes. He scatters flour and spice. He shakes up a salad with gusto—and irreverence for outer lettuce leaves. He wastes a pound or two of food in stirring up a chafing dish, but considers that a sacrificial offering on the altar of creative cookery . . .

If you're a flourisher
And a host
Don't do it—
Don't do it!



Noontime Manners

At Factory . . . To choose a lunch that lacks the Basic Seven food groups is sabotage—it fosters absenteeism.

Figures: Good nutritious lunches cut absenteeism 20 percent in Servel war plants.



At Market

Ladies never take punches at celery in bunches.

Figures: Rough handling of fruits and vegetables by careless customers results in a loss of $\frac{1}{2}$ million dollars to retail stores—enough money to put 4 new PT's into service. PT boats cost \$145,000.

Lorgnette attitudes at food counters are out of date. Fruits and vegetables with slight blemishes are as nutritious as their neighbors with greater customer-appeal.

Figures: Total wastage in retail food stores means a loss of 450 million dollars—enough to buy more than 31 hundred 60-ton tanks to roll against the Axis. A 60-ton tank sells at \$145,000.



Dinner Vogues

You're overdoing it if you play Lady Bountiful, urging your guests to "have just one more."

It's not chic to serve a dish which your family dislikes—they'll waste it.

Figures: Each person in the U. S. wastes $\frac{3}{4}$ of a pound of edible food a day. If we saved $\frac{1}{4}$ of this amount, we would feel it immediately in larger food reserves.

Kitchen Guides

It's the stylish thing to streamline your refrigerator, using left-overs, cleaning up little dabs of food on separate dishes, taking inventories of long-forgotten foods hiding in the back.

It's the smart thing to buy food in small quantities. Many foods deteriorate in nutritional value with age, which is serious waste.

Figures: Americans eat more than 135 billion meals a year. If poorly planned the door is left open for tremendous waste.

It's the mode to plan menus a week in advance. Haphazard meal preparation makes waste, causes undernourishment.

For Baby . . . To humor baby's tantrums at meals means waste.

Figures: 15 percent of all edible food brought into the average home goes into the garbage pail—representing enough money in one year to furnish some soldier with one parachute and two gas masks.



At Breakfast it's not being done . . . To prepare the same menu every morning. Monotony cuts taste, makes waste.

. . . To eat on the run, snatching a bite from the center of your toast, tossing the rest aside.

Figures: If every family wastes 1 slice of bread a week, the total loss is 2 million loaves a week. This waste would buy 17 $\frac{1}{4}$ -ton jeeps every week. A $\frac{1}{4}$ -ton jeep costs \$1,165.



Club and Bridge Notes

To compete at serving extravagant bridge luncheons is declassé.

To pick up chicken bones with the fingers is the height of wartime fashion—and of flavor.

LISTEN TO CONSUMER TIME

Every Saturday—Coast to Coast
over N. B. C. 12:15 p. m. EWT
11:15 a. m. CWT
10:15 a. m. MWT
9:15 a. m. PWT

Dramatizations, interviews, questions and answers on consumer problems. Tune in.

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